# Nutrition Guide

## FAMILY MEALS TO-GO

| Classics | | | Calories | Cal.from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| All Classic Family Meals add choice of 1-2 sides + bread | *Plus, Choose 1-2 sides: | Baked Potato | 330 | 100 | 12 | 4 | 0 | 15 | 120 | 51 | 4 | 2 | 6 |
| | | Broccoli | 20 | 0 | 0 | 0 | 0 | 0 | 20 | 4 | 0 | 0 | 2 |
| | | Broccoli w/ Butter | 110 | 90 | 10 | 3 | 0 | 10 | 110 | 5 | 0 | 0 | 3 |
| | | Bread & Celery Dressing | 230 | 100 | 11 | 3.5 | 0 | 15 | 700 | 30 | 1 | 4 | 5 |
| | | Carrots (glazed) | 150 | 70 | 8 | 2.5 | 0 | 10 | 190 | 21 | 4 | 16 | 1 |
| | | Coleslaw | 400 | 250 | 27 | 4 | 0 | 20 | 490 | 37 | 3 | 34 | 2 |
| | | French Fries | 330 | 130 | 14 | 2.5 | 0 | 0 | 480 | 47 | 4 | 0 | 0 |
| | | Golden Brown Home Fries | 270 | 150 | 17 | 2.5 | 1 | 0 | 770 | 27 | 3 | 2 | 3 |
| | | Green Beans w/ Ham | 40 | 20 | 1.5 | 0.5 | 0 | <5 | 560 | 4 | 2 | 0 | 2 |
| | | Hash Browns | 180 | 60 | 7 | 1.5 | 1.5 | 0 | 2690 | 29 | 4 | 1 | 3 |
| | | Herb Corn | 190 | 110 | 12 | 3 | 0 | 0 | 320 | 21 | 2 | 3 | 3 |
| | | Macaroni & Cheese | 250 | 110 | 12 | 5 | 0 | 24 | 910 | 25 | 2 | 4 | 11 |
| | | Mashed Potatoes & Chicken Gravy | 300 | 170 | 19 | 10 | 0.5 | 45 | 1100 | 28 | 3 | 3 | 5 |
| | | Seasonal Fruit | 70 | 0 | 0 | 0 | 0 | 0 | 10 | 18 | 1 | 16 | <1 |
| | *Plus, Choose Bread: | Buttermilk Biscuits w/ Butter | 440 | 270 | 30 | 14 | 1 | 15 | 1200 | 40 | 1 | 3 | 6 |
| | | Dinner Rolls w/ Butter | 360 | 190 | 21 | 6 | 0 | 20 | 530 | 38 | 2 | 2 | 6 |
| Bob Evans Wildfire Meatloaf | Includes: Wildfire Sauce, Meatloaf, Haystack Onions, | | 660 | 380 | 43 | 13 | 1 | 125 | 1060 | 42 | 3 | 13 | 28 |
| Chicken-N-Noodles Deep Dish Dinner | Includes: Chicken-N-Noodles, Mashed Potatoes, Biscuit | | 480 | 230 | 26 | 12 | 1.5 | 80 | 1760 | 42 | 2 | 3 | 20 |
| Down-Home Country Fried Steak | Includes: Country Fried Steak, Country Gravy | | 540 | 300 | 34 | 11 | 1 | 55 | 970 | 39 | 4 | 0 | 21 |
| Fork- Tender Pot Roast | Includes: Slow Roasted Pot Roast, Onions, Beef Gravy, Carrots | | 270 | 140 | 16 | 6 | 0.5 | 50 | 540 | 17 | 4 | 11 | 14 |
| Grilled Chicken Breasts | Includes: Grilled Chicken | | 280 | 60 | 7 | 2 | 0 | 145 | 1070 | 0 | 0 | 0 | 54 |
| Herb Rubbed Turkey & Dressing | Includes: Slow Roasted Turkey, Bread & Celery Dressing, Chicken Gravy, Cranberry Orange Relish | | 390 | 140 | 15 | 4.5 | 0 | 70 | 1300 | 37 | 1 | 18 | 28 |
| Homestyle Fried Chicken Tenders | Includes: Chicken Tenders | | 640 | 320 | 36 | 13 | 0 | 105 | 1260 | 46 | 3 | 0 | 34 |
| **Farm-Fresh Salads** | | | Calories | Cal.from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| All Salads Add Choice of Dressing and Bread | *Plus, Choose Salad Dressing: | Colonial | 310 | 250 | 27 | 4.5 | 0 | 0 | 260 | 15 | 0 | 15 | 0 |
| | | Wildfire Ranch | 160 | 110 | 12 | 2 | 0 | 10 | 410 | 12 | 0 | 8 | <1 |
| | | Sweet Italian | 230 | 190 | 22 | 3.5 | 0 | 0 | 680 | 10 | 0 | 9 | 0 |
| | | Low Fat Balsamic Vinaigarette | 79 | 29 | 2.5 | 0 | 0 | 0 | 280 | 14 | 0 | 13 | 0 |
| | | French | 280 | 230 | 26 | 4 | 0.5 | 10 | 330 | 12 | 0 | 12 | 0 |
| | | Bleu Cheese | 280 | 270 | 30 | 6 | 0 | 30 | 440 | 4 | 0 | 2 | 2 |
| | | Buttermilk Ranch | 210 | 190 | 21 | 4 | 0 | 20 | 420 | 2 | 0 | 2 | 0 |
| | | Reduced Fat Raspberry Vinaigrette | 150 | 70 | 7 | 1 | 0 | 0 | 140 | 20 | 0 | 19 | 0 |
| | *Plus, Choose a Bread: | Dinner Rolls with Butter | 360 | 190 | 21 | 6 | 0 | 20 | 530 | 38 | 2 | 2 | 6 |
| | | Buttermilk Biscuits with Butter | 440 | 270 | 30 | 14 | 1 | 15 | 1200 | 40 | 1 | 3 | 6 |
| Chicken Cobb | Includes: Fresh Greens, Grilled Chicken, Blue Cheese, Tomatoes, Cheddar Cheese, | | 370 | 190 | 22 | 9 | 0 | 240 | 1000 | 7 | 3 | 3 | 37 |
| Cranberry Pecan Chicken | Includes: Fresh Greens, Grilled Chicken, Blue Cheese, Dried Cranberries, Pecans, | | 260 | 90 | 10 | 4 | 0 | 65 | 680 | 20 | 4 | 13 | 25 |
| Farmhouse Garden Side | Includes: Fresh Greens, Cucumber, Croutons, Cheddar, Tomatoes, Onions | | 150 | 60 | 7 | 3.5 | 0 | 15 | 290 | 15 | 4 | 3 | 7 |
| Wildfire Chicken | Includes: Fresh Greens, Corn, Tomatoes, Onions, Tortilla Strips, Cheddar Cheese, BBQ Wildfire | | 230 | 90 | 10 | 4 | 0 | 15 | 460 | 32 | 4 | 16 | 7 |
| | *Plus, Your Choice: | Grilled Chicken | 90 | 20 | 2 | <1 | 0 | 48 | 354 | 0 | 0 | 0 | 18 |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Homestyle Fried Chicken | 220 | 110 | 12 | 4 | 0 | 35 | 420 | 15 | 1 | 0 | 11 |
| **Breakfast** | | | Calories | Cal.from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Farmer's Choice Breakfast | Choice of Farm Fresh Eggs: | Freshly Cracked | 200 | 150 | 16 | 4 | 0 | 370 | 140 | <1 | 0 | 0 | 13 |
| | | Scrambled | 160 | 110 | 11 | 3.5 | 0 | 420 | 280 | 1 | 0 | 0 | 14 |
| | *Plus, Choice of Breakfast Meat: | Bob Evans Sausage Links (3) | 190 | 140 | 16 | 6 | 0 | 25 | 310 | 0 | 0 | 0 | 9 |
| | | Bob Evans Sausage Patties (2) | 320 | 230 | 26 | 10 | 0 | 90 | 630 | 2 | 1 | 0 | 19 |
| | | Hardwood-Smoked Bacon | 190 | 130 | 14 | 4.5 | 0 | 40 | 670 | <1 | 0 | 0 | 13 |
| | | Hickory-Smoked Ham | 100 | 25 | 2.5 | 1 | 0 | 35 | 1440 | 2 | 0 | 2 | 17 |
| | | Turkey Sausage Links | 140 | 60 | 7 | 2 | 0 | 60 | 810 | 2 | <1 | 0 | 18 |
| | *Plus, Choice of Side: | Grits (w/ butter) | 240 | 180 | 21 | 7 | 0 | 25 | 280 | 13 | <1 | 0 | 2 |
| | | Hashbrowns | 200 | 110 | 12 | 2 | 1.5 | 0 | 160 | 28 | 3 | 1 | 2 |
| | | Homefries | 250 | 150 | 17 | 2.5 | 0.5 | 0 | 690 | 24 | 2 | 2 | 3 |
| | *Plus, Choice of Griddle Item: | Brioche French Toast (w/ butter & syrup) | 830 | 220 | 25 | 8 | 0.5 | 220 | 840 | 134 | 3 | 22 | 19 |
| | | Hotcakes (w/ butter & syrup) | 1150 | 250 | 28 | 9 | 0.5 | 10 | 1910 | 209 | 4 | 39 | 17 |
| Homestead Breakfast | Includes: Sausage Gravy | | 225 | 140 | 16 | 9 | 0 | 20 | 816 | 14 | 0 | 2 | 8 |
| | *Plus, Choice of Farm Fresh Eggs (2): | Freshly Cracked | 200 | 150 | 16 | 4 | 0 | 370 | 140 | <1 | 0 | 0 | 13 |
| | | Scrambled | 160 | 110 | 11 | 3.5 | 0 | 420 | 280 | 1 | 0 | 0 | 14 |
| | *Plus, Choice of Breakfast Meat: | Bob Evans Sausage Links (3) | 190 | 140 | 16 | 6 | 0 | 25 | 310 | 0 | 0 | 0 | 9 |
| | | Bob Evans Sausage Patties (2) | 320 | 230 | 26 | 10 | 0 | 90 | 630 | 2 | 1 | 0 | 19 |
| | | Hardwood-Smoked Bacon | 190 | 130 | 14 | 4.5 | 0 | 40 | 670 | <1 | 0 | 0 | 13 |
| | | Hickory-Smoked Ham | 100 | 25 | 2.5 | 1 | 0 | 35 | 1440 | 2 | 0 | 2 | 17 |
| | | Turkey Sausage Links | 140 | 60 | 7 | 2 | 0 | 60 | 810 | 2 | <1 | 0 | 18 |
| | *Plus, Choice of Side: | Grits (with butter) | 240 | 180 | 21 | 7 | 0 | 25 | 280 | 13 | <1 | 0 | 2 |
| | | Hashbrowns | 200 | 110 | 12 | 2 | 1.5 | 0 | 160 | 28 | 3 | 1 | 2 |
| | | Homefries | 250 | 150 | 17 | 2.5 | 0.5 | 0 | 690 | 24 | 2 | 2 | 3 |
| The Rise & Shine | Choice of Farm Fresh Eggs: | Freshly Cracked | 200 | 150 | 16 | 4 | 0 | 370 | 140 | <1 | 0 | 0 | 13 |
| | | Scrambled | 160 | 110 | 11 | 3.5 | 0 | 420 | 280 | 1 | 0 | 0 | 14 |
| | *Plus, Choice of Breakfast Meat: | Bob Evans Sausage Links (3) | 190 | 140 | 16 | 6 | 0 | 25 | 310 | 0 | 0 | 0 | 9 |
| | | Bob Evans Sausage Patties (2) | 320 | 230 | 26 | 10 | 0 | 90 | 630 | 2 | 1 | 0 | 19 |
| | | Hardwood-Smoked Bacon | 190 | 130 | 14 | 4.5 | 0 | 40 | 670 | <1 | 0 | 0 | 13 |
| | | Hickory-Smoked Ham | 100 | 25 | 2.5 | 1 | 0 | 35 | 1440 | 2 | 0 | 2 | 17 |
| | | Turkey Sausage Links | 140 | 60 | 7 | 2 | 0 | 60 | 810 | 2 | <1 | 0 | 18 |
| | *Plus, Choice of Side: | Grits (with butter) | 240 | 180 | 21 | 7 | 0 | 25 | 280 | 13 | <1 | 0 | 2 |
| | | Hashbrowns | 200 | 110 | 12 | 2 | 1.5 | 0 | 160 | 28 | 3 | 1 | 2 |
| | | Homefries | 250 | 150 | 17 | 2.5 | 0.5 | 0 | 690 | 24 | 2 | 2 | 3 |
| | *Plus, Choice of Bread: | Dinner Rolls w/ Butter | 360 | 190 | 21 | 6 | 0 | 20 | 530 | 38 | 2 | 2 | 6 |
| | | Buttermilk Biscuits w/ Butter | 440 | 270 | 30 | 14 | 1 | 15 | 1200 | 40 | 1 | 3 | 6 |
| **Family Sized Soup** | | | Calories | Cal.from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Cheddar Baked Potato | Includes: Soup, Saltines | | 230 | 100 | 11 | 6 | 0 | 35 | 940 | 23 | 1 | 3 | 9 |
| Chicken -N- Noodles | Includes: Soup, Saltines | | 200 | 80 | 9 | 2 | 1 | 35 | 720 | 19 | 1 | 1 | 9 |
| Hearty Beef Vegetable | Includes: Soup, Saltines | | 150 | 30 | 3.5 | 1 | 0 | 15 | 720 | 24 | 3 | 4 | 8 |

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| Beverages | Calories | Cal.from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Coffee | 5 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | <1 |
| Decaf Coffee | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | <1 |
| Diet Pepsi | 0 | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 0 |
| Freshly Brewed Iced Tea -Unsweetened | 5 | 0 | 0 | 0 | 0 | 0 | 10 | 2 | <1 | 0 | 0 |
| Freshly Brewed Iced Tea - Sweet | 70 | 0 | 0 | 0 | 0 | 0 | 10 | 20 | <1 | 18 | 0 |
| Freshly Brewed Iced Tea - Peach | 150 | 0 | 0 | 0 | 0 | 0 | 10 | 39 | <1 | 36 | 0 |
| Hot Tea | 0 | 0 | 0 | 0 | 0 | 0 | 10 | <1 | 0 | 0 | 0 |
| Hot Chocolate | 320 | 80 | 9 | 7 | 0 | 0 | 300 | 55 | 2 | 44 | 4 |
| Lemonade | 100 | 0 | 0 | 0 | 0 | 0 | 15 | 25 | 0 | 21 | 0 |
| Mountain Dew | 110 | 0 | 0 | 0 | 0 | 0 | 35 | 29 | 0 | 29 | 0 |
| Mist Twist | 100 | 0 | 0 | 0 | 0 | 0 | 20 | 27 | 0 | 27 | 0 |
| Mug Root Beer | 100 | 0 | 0 | 0 | 0 | 0 | 30 | 26 | 0 | 26 | 0 |
| Orange Juice | 160 | 0 | 0 | 0 | 0 | 0 | 20 | 39 | 0 | 38 | 0 |
| Pepsi-Cola | 100 | 0 | 0 | 0 | 0 | 0 | 20 | 28 | 0 | 28 | 0 |
| Strawberry Lemonade | 120 | 0 | 0 | 0 | 0 | 0 | 15 | 30 | <1 | 27 | 0 |
| Tropicana Light Lemonade | 0 | 0 | 0 | 0 | 0 | 0 | 95 | 0 | 0 | 0 | 0 |
| Wild Cherry Pepsi | 100 | 0 | 0 | 0 | 0 | 0 | 20 | 28 | 0 | 28 | 0 |

| Bakery & Desserts | | Calories | Cal.from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Banana Nut Bread - Two Slices | | 420 | 200 | 22 | 5 | 0 | 15 | 540 | 37 | 2 | 31 | 5 |
| Buttermilk Biscuits - Two Slices with Butter | | 520 | 290 | 31 | 16 | 1 | 10 | 1530 | 53 | 1 | 3 | 7 |
| Chocolate Chunk Cookie | | 520 | 230 | 26 | 13 | 0 | 35 | 370 | 68 | 3 | 41 | 6 |
| Chocolate Peanut Butter Pie Topped | Slice | 680 | 370 | 41 | 20 | 0 | 45 | 420 | 74 | 3 | 56 | 7 |
| With Reese's | Whole Pie | 4010 | 2260 | 252 | 123 | 2 | 270 | 2510 | 411 | 16 | 320 | 40 |
| Coconut Cream Pie | Slice | 580 | 320 | 35 | 26 | 0 | <5 | 440 | 62 | 1 | 39 | 5 |
| | Whole Pie | 3470 | 1890 | 210 | 154 | 2 | 15 | 2630 | 375 | 7 | 234 | 27 |
| Double-Crust Apple Pie | Slice | 530 | 210 | 24 | 10 | 0 | 0 | 410 | 77 | 3 | 47 | 3 |
| | Whole Pie | 2990 | 1270 | 141 | 60 | 1.5 | 0 | 2490 | 410 | 16 | 231 | 16 |
| Dinner Rolls - Two Rolls with Butter | | 380 | 150 | 17 | 5 | 0 | 10 | 610 | 50 | 3 | 3 | 8 |
| Peanut Butter Cookie | | 530 | 250 | 28 | 13 | 0 | 20 | 420 | 63 | 2 | 42 | 9 |

* 2,000 calories a day is used for general nutrition advice, but calorie needs vary

Nutrition information based off of individual serving, four servings per container.

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